

# REGION III AGING SERVICES

***Donna Olson, Regional Aging Services Program Administrator***

Serving: Benson, Cavalier, Eddy, Ramsey, Rolette. And Towner Counties



## Summer 2008



### **INSIDE THIS ISSUE**

Page 2: Website Helps Locate Services

Page 2: Reminder – Blood Glucose Meters

Page 3: Agenda for Region III Council on Aging 08/06/08 in Maddock ND

Pages 4 & 5: Healthy Weight – What it Means to You

Page 5: Conversion to ALL-Digital Television

Pages 6 & 7: ND Family Caregiver Support Program

Page 7: Seat Belts Save Lives!

Pages 8 & 9: Plan Ahead for Long-Term Care Needs

Page 9: Generics - Cheaper

Page 9: VA Money for Elder Care Services at Home

Page 10: Excessive Heat

Page 11: Telephone Numbers To Know

Pages 12 & 13: Summer Fire Safety Tips

Page 14: Ramsey and Towner Social Services combine to form Lakes Social Service District

Page 15: Elder Justice Conference

Page 15: Northern Plains Conference on Aging and Disability

Page 16: Upcoming Events

### **AGING SERVICES NEWSLETTER**

Please share this newsletter with a friend, co-worker, at your Senior Center, post on a bulletin board, etc. If you wish not to be on the mailing list for the newsletter, please contact **Donna Olson** at **665-2200**. You are welcome to submit any news you may have regarding services and activities that are of interest to seniors in this region. **Lake Region Human Service Center** makes

available all services and assistance without regard to race, color, national origin, religion, age, sex, or handicap, and is subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1975 as amended. **Lake Region Human Service Center** is an equal opportunity employer.

### **MISSION STATEMENT**

In a leadership role, Aging Services will actively advocate for individual life choices and develop quality services in response to the needs of vulnerable adults, persons with physical disabilities, and an aging society in North Dakota.



## **New Web site helps locate services for older adults & adults with disabilities**

The North Dakota Department of Human Services has launched a new Web site, [www.carechoice.nd.gov](http://www.carechoice.nd.gov), to help people locate services for older adults and adults with disabilities. Called the *Aging and Disability Resource-LINK*, it replaces the state's Senior Info-Line Web site and includes additional information such as food pantries, community services, and transportation resources. The Web site's database is updated regularly. Individuals can search by service type or provider name and can also search for services within a county or a specified driving distance of a zip code.

"People usually are not familiar with existing services and community resources that can help them stay in their homes, and that leaves a knowledge gap when a health crisis or significant change in ability occurs," said Aging Services Division Director Linda Wright. "This free and confidential service features a database of services that can help people maintain their independence or meet their changing needs."

Individuals who do not have Internet access or who prefer to receive information by phone can access the *Aging and Disability Resource-LINK* by calling the nationwide toll free number at 1-800-451-8693.

A certified resource and referral specialist employed by the department answers calls Monday through Friday, 8 a.m. to 5 p.m., Central Time. During evening or weekends, callers can leave a message. Calls will be returned on the next business day. Individuals can also contact the resource link by e-mail at [carechoice@nd.gov](mailto:carechoice@nd.gov).

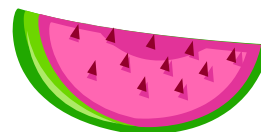
Royce Schultze, Executive Director of the Dakota Center for Independent Living, Inc. in Bismarck, N.D., said, "Our agency staff would

use this to assist consumers. It is user-friendly for people with disabilities and is much easier to use than paper brochures. It is a great tool in serving people with disabilities."

The department does not endorse listed services, but provides the information as a public service. Entities wishing to submit information about services for consideration can e-mail: **[carechoice@nd.gov](mailto:carechoice@nd.gov)**.

According to Wright, "long-distance caregivers" and professionals who work with seniors and people with disabilities often use the information and referral service. In 2007, the human services department received about 8,500 requests through its information and referral Web site and phone line.

Contacts: Linda Wright, Director of Aging Services, 701-328-4607, or Heather Steffl, Public Information Officer, 701-328-4933



## **Important Reminder for Users of Blood Glucose Meters**



The FDA wants to remind users of blood glucose meters that you must use **only** the brand of test strips that is recommended for your meter. If the correct test strips are not used, you may receive inaccurate results or no results.

To read more about this important message, go to:

<http://www.fda.gov/cdrh/oivd/test-strips.html>

Region III Council on Aging  
Maddock Community Center  
August 6, 2008

- 9:30 – 10:00 a.m. Registration – Coffee and Refreshments  
Piano Selections – Dave Haug
- 10:15 a.m. Welcome – President Minnie Flynn  
Call To Order/Pledge to the Flag  
Welcome – Donna Olson, Regional Aging Services Program Administrator  
Welcome – Kevin Winson, Mayor of Maddock  
Welcome – Violet Nilson, President of 55 Club

“Constitution” – Andrew Backstrom, Maddock

Old Business

- a. Reading of Minutes of the last meeting and Treasurer's Report, Shirley Jones
- b. Reports/Communications/Announcements
  - 1. County Councils/Senior Center Clubs
  - 2. Title III Project Directors
  - 3. Region III Outreach Workers
  - 4. Reports from the Silver Haired Education Association 2008 Silver Haired Legislative Assembly.
  - 5. Other

New Business

- a. Silver Haired Education Association
- b. Donna Olson, Regional Aging Services Program Administrator - 2008 Northern Plains Conference on Aging and Disability, update aging issues
- c. Next meeting date and location
- d. Other

Program Presentation: Transportation  
Presenter: Jacque Senger, North Central Planning

Musical Selections – Faye Huffman

- 12:00 – 1:00 p.m. Lunch  
Menu for the Day  
Pork Roast  
Mashed Potatoes and Gravy  
Beets  
Apple Crisp
- 1:00 p.m. Program Presentation – Community Wellness Program  
Presenter: Chuck Sanderson, Jigsaw Junction

Musical Selections – Faye Huffman, Willard Geid, Elmer Lund

Coffee and Cookies

Door Prize Drawings will be held throughout the day.

If you would like to eat the noon meal, please call Barb Rosendahl by Monday, August 4 at (701)438-2260. There will be a \$5.00 charge for the meal. Thanks to the Maddock 55 Club for hosting the Region III Council on Aging meeting. Thanks to all for coming to the meeting. Have a safe trip home!

## Healthy Weight - What It Means to You

According to the Centers for Disease Control and Prevention, based on a nationwide survey conducted from 2001 to 2004, approximately 71 percent of Americans over 50 years old are either overweight or obese, as compared with 64 percent from the 1988-1994 survey.

### Successful 'Losers' How Do They Do It?

Although experts may have different theories on how and why people become overweight, they generally agree that the key to losing weight is a simple message: Eat less and increase your physical activity. According to the 2005 Dietary Guidelines for Americans, it is recommended that adults engage in approximately 60 minutes of moderate to vigorous intensity activity on most days of the week. These are the keys to manage body weight. Your body needs to burn more calories than you take in. Before starting any exercise program, talk with your healthcare professional.

Successful weight losers usually do the following:

- eat a low-calorie, low-fat diet
- eat smaller portions
- eat breakfast
- drink water instead of sugary drinks
- monitor themselves by weighing in frequently
- be physically active

The typical pattern for the average overweight person who is trying to diet is to eat little or no breakfast and a light lunch. As the day progresses, they get hungry and eat most of their calories late in the day. Successful weight losers have managed to change this pattern.

### Effects of Being Overweight or Obese

Obesity is often classified as a disease. The National Heart, Lung and Blood Institute (NHLBI) describes it as a complex chronic disease involving social, behavioral, cultural, physiological, metabolic, and genetic factors. Being overweight or obese increases the risk of many diseases and health conditions, including the following:

- Hypertension (high blood pressure)
- Osteoarthritis (a degeneration of cartilage and its underlying bone within a joint)
- High total cholesterol or high levels of triglycerides
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)

### Tips for Eating Out

- Before you order, consider content of menu items, such as calories, saturated fat, and sodium.
- Request your meal to be served without gravy, sauces, butter or margarine.
- Ask for salad dressing on the side, and use only small amounts of full-fat dressings.
- Choose foods that are steamed, broiled, baked, roasted, poached, or stir-fried, but not deep-fat fried.

- Share food, such as a main dish or dessert, with your dining partner.
- Take part of the food home with you and refrigerate immediately. You may want to ask for a take-home container when the meal arrives. Spoon half the meal into it, so you are more likely to eat only what's left on your plate.

## Set a Goal

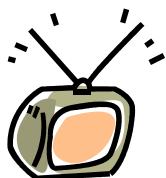
The first step to weight loss is setting a realistic goal. By using a Body Mass Index (BMI) chart and talking with your healthcare professional, you can determine what a healthy weight is for you.

Studies show that you can improve your health with just a small amount of weight loss. Physical activity in combination with reduced calorie consumption can lead to a 5 to 10 percent weight loss. Even modest weight loss can improve blood pressure and help control diabetes and high cholesterol in overweight or obese adults.

*Source: FDA Consumer magazine, January-February 2002 Issue with revisions made in April 2002, March 2003, and April 2004.*

### Additional Information

- Department of Health and Human Services' Small Step Program. Tools and information for eating better and living a healthier lifestyle. <http://www.smallstep.gov/>
- U.S. Department of Agriculture's [MyPyramid.gov](http://www.mypyramid.gov). Offers personalized eating plans, interactive tools to help you plan and assess your food choices, and advice to help you. <http://www.mypyramid.gov>
- NIH National Institutes on Aging - NIHSeniorHealth offers tips on eating well as you get older. <http://nihseniorhealth.gov/eatingwellasyougetolder/toc.html>



## FCC URGES TV VIEWERS TO GEAR UP FOR THE CONVERSION TO ALL DIGITAL TELEVISION

To help consumers with the DTV transition, the Government established the Digital-to-Analog Converter Box Coupon Program. Every U.S. household is eligible to receive up to two coupons, worth \$40 each, toward the purchase of eligible digital-to-analog converter boxes. For more information on the Digital-to-Analog Converter Box Coupon Program, visit the NTIA's Web site at [www.dtv2009.gov](http://www.dtv2009.gov), or call 1-888-388-2009 (voice) or 1-877-530-2634 (TTY).

Cable and satellite TV subscribers with analog TVs hooked up to their cable or satellite service should not be affected by the February 17, 2009, cut-off date for full-power analog broadcasting, but should contact their provider to find out if anything is needed to be prepared for the February deadline.

There are many sources of information about the digital transition but one of the best is the government's Web site [www.dtv.gov](http://www.dtv.gov). You can also call 1-888-CALL-FCC (1-888-225-5322).

# ND Family Caregiver Support Program



©Family Caregiver Alliance

## ***Hands-On Skills for Caregivers***

When you're a caregiver, finding time to take care of your own physical needs is difficult enough, but taking care of the physical needs of someone else is even more challenging. Assisting someone else to dress, bathe, sit or stand when they are upset, agitated or combative—often the case when caring for someone with a brain disorder such as Alzheimer's disease—requires special strategies. The following five techniques can make taking care of a loved one's physical needs easier.

**Approach from the front and retain eye contact.** When assisting someone physically, do not approach him/her from behind or from the side. This can startle and confuse the person in your care, leading to increased levels of agitation and/or paranoia. Instead, approach from the front. Touch the care recipient on the shoulder, upper arm or hand, and tell them what's going on. Use a calm voice to walk him/her through the whole process. For example, "Okay, let's stand up. Good. Next, we are going to..." Retain eye contact throughout the duration of the activity.

**Elicit your loved one's help.** Even when frail, your loved one might be able to shift his/her weight or move his/her arms or legs to make physically assisting them easier. Some examples are: "We're getting ready to stand now, mom, so lean forward as far as you can," or, "Can you move your leg, honey, so I can change the sheet?" A little help from them means a lot less work for you.

**Allow the person to finish what they're doing.** If, as a caregiver, you are running late, the tendency is to hurry your loved one, too. However, this rushed atmosphere is very difficult for care recipients, especially those who suffer from memory loss or brain impairment. Though you may try to sound calm and encouraging, it's easy for loved ones to pick up our "anxious vibes." So, even if running late, allow some time to finish the current activity before moving onto the next. For example, "Mom, after you finish that last bite of cereal, we're going to get you dressed and ready to see your friends."

**Utilize the major bone and muscle groups.** When physically assisting a loved one, pulling or supporting them by their hands or arms is not only difficult, but may lead to injury for you and them. Instead, utilize the major muscle/bone groups.

For example, when taking someone for a walk, stand directly behind and to the left of him or her. Place your left hand on their left shoulder, and your right hand on their right shoulder. In this way you are walking with your loved one in a comforting hug rather than pulling or pushing them. And when turning someone in a bed, utilize the large bones in the hip and shoulder, and the large muscles in the legs. Pull them toward you with your right hand over their hip or at the knee, and your left hand at their shoulder. Finally, when pulling someone to a standing position, it's best to use a transfer belt (one can be purchased at any medical supply store for around twenty dollars).

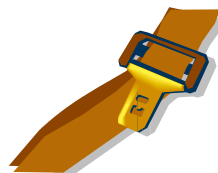
Once they are sitting at the edge of the bed or chair, pull up on the transfer belt, “hugging” your loved one close, again, utilizing their large muscle groups in the shoulders and the back. Remember to keep your back straight and to always change position by moving your feet, rather than twisting at the waist. And before going home from your next doctor’s appointment, ask for a referral to an occupational therapist who can help you develop your transferring skills.

**Allow for Their Reality.** Remember to accept your loved one’s reality, even when assisting with a physical task. If, for example, your spouse becomes shy because he/she thinks that you are a sibling and doesn’t want to get undressed in front of you, don’t force the situation. Try leaving the room and coming back in a couple of minutes. Perhaps on a second or third attempt your spouse will recognize you and be amenable to your care. If all else fails, consider the situation. Is it an emergency? Changing a loved one’s soiled garments cannot be delayed. However, if a care recipient is being difficult and doesn’t want to take a bath or wash his/her hair on a particular day, that’s okay. Plan on doing it at a later time that day or the next day, when your loved one may accept your help.

Finally, don’t try to physically assist with caregiving unless you can. Injuring yourself will not help the situation, and will often make your caregiving responsibilities that much more difficult. If you find yourself in a nonemergency situation where you are unable to physically assist your loved one (for example, after he/she slides from their chair to the floor) call your local fire department and request a “fireman’s assist.” They will come to your house and help you. If it is an emergency situation (where either you or your loved one are injured), contact the paramedics by calling 911.

*(c) Family Caregiver Alliance. Used with permission. For more information on FCA, visit [www.caregiver.org](http://www.caregiver.org) or call (800) 445-8106.*

**Stay Inside to Survive  
Click it – Or Ticket !!!**



## **Attention Traffic Safety Friends!**

The North Dakota Department of Transportation, Office of Traffic Safety, Safe Communities Programs, law enforcement and other traffic safety advocates statewide are teaming up to get the word out! **Seat belts save lives!**

In 2007, 65 of the 97 individuals killed in traffic crashes were **not wearing** their seat belts. That’s nearly 70 percent! The theme for this year’s public information and education campaign is focused on staying inside the vehicle for protection. Everything about vehicle design is done with safety in mind. Why would someone want to leave the ‘engineered life space’ for an environment of concrete, rocks, posts and a vehicle that could roll over you?

***Seat belts are the single most effective way to save lives!!!***

## **NORTH DAKOTANS URGED TO PLAN AHEAD FOR LONG-TERM CARE NEEDS**

**Outreach effort aims to educate the public about care options and a newer type of long-term care insurance that allows covered individuals to safeguard assets if they need Medicaid later and qualify.**

BISMARCK, N.D. – Governor John Hoeven has launched a public awareness campaign titled “Own Your Future” that encourages state residents to plan ahead for their future long-term care needs. The state is partnering with the U.S. Department of Health and Human Services on the effort that encourages 50-65 year-olds to get the facts about Medicare, Medicaid, in-home care and other care options, and to plan financially for future long-term needs.

“The decisions people make now can impact their future quality of life. This federal-state partnership encourages people to start talking about and planning for this aspect of their retirement,” Hoeven said.

Hoeven is sending letters and federal brochures to about 64,000 North Dakota households with residents who are between 50 and 65 years of age. The information encourages recipients to order a free long-term care planning kit from the federal Centers for Medicare and Medicaid Services. Individuals who request the kit will also receive information about North Dakota services and resources.

According to the N.D. Department of Human Services, many people are not aware of the variety of in-home and facility-based long-term care services and supportive programs available in their communities, or are unprepared financially for the cost of such services. In 2007, residents in nursing homes paid an average of \$58,380 in North Dakota. Medicare, the federal health coverage program for senior citizens, does not cover most nursing home stays.

“People who do not plan for this aspect of retirement often have to sell assets to pay for their care,” said the department’s Medicaid Director Maggie Anderson. “When those funds are spent, individuals often apply for assistance through Medicaid, the federal and state-funded medical assistance program for qualifying low-income individuals.”

Anderson said that a new Partnership Program is now available in North Dakota and other states that modified their state Medicaid plans. Individuals who purchase qualifying long-term care policies can retain some of their assets if they use up their insurance benefits and qualify for Medicaid in the future.

She described the policies as a win-win. “Qualifying private policies help people pay for needed long-term care services provided in their homes or in facilities, and may also help reduce state Medicaid costs by postponing the need for Medicaid,” Anderson said.

North Dakota is the latest state to participate in the federal “Own Your Future” public education effort that enlists the support of governors and state agencies that administer Medicaid. As of April 2008, 18 states, including South Dakota, had participated in the program.

For more details about long-term care planning, visit [www.longtermcare.gov/campaign](http://www.longtermcare.gov/campaign). Individuals with questions about long-term care insurance are encouraged to contact the North Dakota Insurance Department at [www.nd.gov/ndins](http://www.nd.gov/ndins) or toll free: 1-800-247-0560.

For information about programs and services for older adults or people with disabilities, contact the North Dakota Department of Human Services' Aging and Disability Resource LINK at 1-800-451-8693 (nation-wide toll free) or search the on-line database at [www.carechoice.nd.gov](http://www.carechoice.nd.gov). Or, you may contact a Regional Aging Services Program Administrator in your region (see page 11 of this publication).

## **CONSUMERS CONTINUE TO BUY RISKY AND COSTLY DRUGS ONLINE**

### ***Self-medication a concern; FDA-approved generics may be cheaper alternative***

A year-long FDA investigation into drugs mailed to the United States from foreign countries suggests that consumers may be buying drugs online to avoid the need for a prescription from their physician. FDA urges consumers to beware of unregulated Internet drug sellers, because many of their products might not contain the correct ingredients and could contain toxic substances. The FDA sampling of imported drugs also indicates that consumers continue to spend money unnecessarily on potentially risky drug products bought over the Internet.

The investigation found 88 percent of the 2,069 drug packages examined appeared to be prescription medicines available in the United States. Of the remaining products, some were dietary supplements, some were foreign products with labeling that was difficult to read or could not be understood, and some were medications not available in the United States. More than half (53 percent) of the products sampled have FDA-approved generic versions, usually sold at lower costs. Earlier studies have shown that generics in the United States to be generally cheaper than a comparable drug in Canada or Western Europe. In fact, approved generic versions of approximately half (47 percent) of the sampled products can be bought for \$4 at several national chain pharmacies, a price often lower than the shipping costs for the same drugs purchased online.

Source: FDA News (This release was updated on Nov. 1, 2007)

## **"VA GIVES VETERANS MONEY TO PAY FOR ELDER CARE SERVICES AT HOME"**

Under the right conditions, about 33% of all seniors in this country could qualify for up to \$1,843 a month in additional income from the Department of Veterans Affairs. This money can be used to pay just about anyone to provide elder care services at home. As an example, these funds can be used to pay children, other relatives, friends, home care companies, or domestic workers. Adequate documentation and evidence must be provided in order to receive money from VA for these services, particularly the services provided by family members or other non-professional providers.

***The National Care Planning Council furnishes detailed instructions and training to those practitioners who wish to help veteran households receive this valuable source of revenue to pay for home care.***

Please go to the following URL for the entire article and previous articles: (Either click on the link or copy the address into your browser.) <http://www.planforcare.org> or copy and paste the following into your browser: <http://www.planforcare.org>

***"Let there be more joy and laughter in your living." (Eileen Caddy)***

## **Planning for Excessive Heat Events**

### ***Information for Older Adults and Family Caregivers***

Did you know that each year more people die from “excessive heat events” than from hurricanes, lightning, tornadoes, floods, and earthquakes combined. Anyone can be adversely affected by excessive heat, but older adults are particularly vulnerable. Fortunately, there are simple steps that older adults, their care-givers, and community leaders can take to decrease the impact of excessive heat events.

**Who is At Risk from Extreme Heat?** Older adults, as well as young children, are at high risk from excessive heat events. For the growing number of aging Americans, the body’s cooling mechanisms may become impaired. Living alone or being confined to a bed and unable to care for one’s self further increases risk. Existing health conditions such as chronic illness, mental impairment, and obesity can also heighten an individual’s vulnerability. Persons taking certain medications are likewise susceptible. In addition, people who live on the top floors of buildings without air-conditioning are more likely to be exposed to excessive heat. Participating in strenuous outdoor activities and consuming alcohol during unusually hot weather likewise exacerbates heat-related health effects.

**How Can I Reduce Exposure to Excessive Heat?** The best defense against excessive heat is prevention. Air-conditioning is one of the best protective factors against heat-related illness and deaths. Even a few hours a day in air conditioning can greatly reduce the risk. Electric fans may provide comfort, but when temperatures are in the high 90’s fans do not prevent heat-related illness. During excessive heat events, the following prevention strategies can save lives:

- Visit air-conditioned buildings in your community if your home is not air-conditioned. These may include: senior centers, movie theaters, libraries, shopping malls, or designated “cooling centers.”
- Take a cool shower or bath.
- Drink lots of fluids. Don’t wait until you are thirsty to drink. If a doctor limits your fluid intake, make sure to ask how much to drink when it’s hot. Avoid beverages containing caffeine, alcohol, or large amounts of sugar. These drinks cause dehydration.
- Ask your doctor or other health care provider if the medications you take could increase your susceptibility to heat-related illness.
- Wear lightweight, light-colored, and loose-fitting clothing.
- Visit at-risk individuals at least twice a day. Watch for signs of heat-related illness such as hot, dry skin, confusion, hallucinations, and aggression.
- Call 9-1-1 if medical attention is needed.

**How Does Excessive Heat Affect the Body?** The body normally cools itself by increasing blood flow to the skin and perspiring. Heat related illness and mortality occur when the body’s temperature control system becomes overloaded. When this happens, perspiring may not be enough. High levels of humidity can make it even harder for the body to cool itself.

**How are Excessive Heat and Heat Stroke Related?** Heat stroke is the most serious health effect of excessive heat events. It is the failure of the body’s temperature control system. When the body loses its ability to cool itself, core body temperature rises rapidly. As a result, heat stroke can cause severe and permanent damage to vital organs. Victims can be identified by skin that appears hot, dry, and red in color. Other warning signs are confusion, hallucinations, and aggression. If not treated immediately, heat stroke can result in permanent disability or death. The good news is that heat stroke can be prevented by taking the easy steps outlined above. Source: *Environmental Protection Agency* - <http://www.epa.gov/aging/resources/factsheets/index.htm#itdhpfehe>

# Telephone Numbers to Know

## Regional Aging Services Program Administrators

<b>Region I:</b>	Karen Quick	1-800-231-7724
<b>Region II:</b>	MariDon Sorum	1-888-470-6968
<b>Region III:</b>	Donna Olson	1-888-607-8610
<b>Region IV:</b>	Patricia Soli	1-888-256-6742
<b>Region V:</b>	Sandy Arends	1-888-342-4900
<b>Region VI:</b>	Russ Sunderland	1-800-260-1310
<b>Region VII:</b>	Cherry Schmidt	1-888-328-2662 (local: 328-8787)
<b>Region VIII:</b>	Mark Jesser	1-888-227-7525

## ND Family Caregiver Coordinators

<b>Region I:</b>	Karen Quick	1-800-231-7724
<b>Region II:</b>	Theresa Flagstad	1-888-470-6968
<b>Region III:</b>	Kim Helten	1-888-607-8610
<b>Region IV:</b>	Raeann Johnson	1-888-256-6742
<b>Region V:</b>	Laura Fischer	1-888-342-4900
<b>Region VI:</b>	CarrieThompson-Widmer	1-800-260-1310
<b>Region VII:</b>	Tammie Johnson	1-888-328-2662 (local: 328-8776)
<b>Region VIII:</b>	Mark Jesser	1-888-227-7525

## Long-Term Care Ombudsman Services

<b>State Ombudsman:</b>	Lynne Jacobson	1-800-451-8693
<b>Region I &amp; II:</b>	MariDon Sorum	1-888-470-6968
<b>Region III &amp; IV:</b>	Kim Helten or Donna Olson	(701-665-2200) OR 1-888-607-8610
<b>Region V &amp; VI:</b>	Bryan Fredrickson	1-888-342-4900
<b>Region VII:</b>	Lynne Jacobson	1-800-451-8693
<b>Region VIII:</b>	Mark Jesser	1-888-227-7525

## Vulnerable Adult Protective Services

<b>Region I &amp; II:</b>	MariDon Sorum	1-888-470-6968
<b>Region III:</b>	Ava Boknecht, Kim Helten, Donna Olson, or Andrea Laverdure	1-888-607-8610
<b>Region IV:</b>	Patricia Soli	1-888-256-6742
	Direct referral to GFCSS VAPS:	1-701-797-8540
	RaeAnn Johnson Vulnerable Adult Team (VAT):	1-888-256-6742
<b>Region V:</b>	Sandy Arends	1-888-342-4900
	Direct referral may be made to Cass County Adult Protective Services unit:	1-701-241-5747.
<b>Region VI:</b>	Russ Sunderland	1-701-253-6344
<b>Region VII:</b>	Cherry Schmidt	1-888-328-2662 or 1-701-328-8888
<b>Region VIII:</b>	Mark Jesser	1-888-227-7525

## Other

Aging Services Division and "Resource Link":	www.carechoice.nd.gov	1-800-451-8693
AARP:	(1-888-OUR-AARP)	1-888-687-2277
Mental Health America of ND	(Local):	1-701-255-3692
	Help-Line:	211 or 1-800-472-2911
IPAT (Assistive Technology):		1-800-265-4728
Legal Services of North Dakota:		1-800-634-5263 or (age 60+): 1-866-621-9886
Attorney General's Office of Consumer Protection:		1-701-328-3404 1-800-472-2600
Social Security Administration:		1-800-772-1213
Medicare:		1-800-633-4227
Senior Health Insurance Counseling (SHIC)		
ND Insurance Department:		1-701-328-2440
Prescription Connection:		1-888-575-6611
Alzheimer's Association:		1-701-258-4933 1-800-232-0851

## Summer Fire Safety Tips

Bismarck, ND - It's the time of year to celebrate, and the ND Department of Emergency Services wants to remind citizens across North Dakota to have fun this summer while recreating and celebrating events. July 4th usually brings large events and social outings.

- Fireworks can be legally sold June 27th thru July 5th (NDCC 23-15-01). Check with local emergency management authorities to find out about what laws may apply in your area. Many cities do not allow fireworks to be put off within city limits.
- Citizens are asked to properly dispose of their used fireworks as well as any accompanying packaging.
- Check with local emergency management officials to find out if your county has a burn ban. A burn ban would prohibit the use of fireworks.

According to the United States Fire Administration (USFA):

[http://www.usfa.dhs.gov/citizens/all\\_citizens/home\\_fire\\_prev/holidayseasonal/summer.shtm](http://www.usfa.dhs.gov/citizens/all_citizens/home_fire_prev/holidayseasonal/summer.shtm)

Annually more than 8,000 Americans are injured by fireworks and grill fires. More than half these injuries occur during the first week of July.

USFA's National Fire Data Center estimates that yearly outside cooking grills cause more than 6,000 fires, over 5 fatalities, more than 170 injuries, and \$35 million in property loss. Gas grills alone cause over 2,700 fires, 80 injuries, and \$11 million dollars damage. Most of the gas grill fires and explosions were caused by gas leaks, blocked tubes, and overfilled propane tanks.

In addition to outdoor cooking, improper use of fireworks causes more than 6,000 fires and more than \$8 million in damage.

Families also enjoy camping in the summer. It is important to follow the park's rules for the use and extinguishing of campfires.

Summertime should be a time for fun and making happy memories. Knowing a few fire safety tips and following instructions will help everyone have a safe summer.

### Fireworks Safety

- The best way to enjoy fireworks is to visit public fireworks displays put on by professionals who know how to safely handle fireworks.
- If you plan to use fireworks, make sure they are legal in your area.
- Never light fireworks indoors or near dry grass.
- Always have a bucket of water and/or a fire extinguisher nearby. Know how to operate the fire extinguisher properly.
- Do not wear loose clothing while using fireworks.
- Stand several feet away from lit fireworks. If a device does not go off, do not stand over it to investigate it. Put it out with water and dispose of it.

- Always read the directions and warning labels on fireworks. If a device is not marked with the contents, direction and a warning label, do not light it.
- Supervise children around fireworks at all times.

### **Barbecue Safety**

- Before using a grill, check the connection between the propane tank and the fuel line. Make sure the venturi tubes - where the air and gas mix - are not blocked.
- Do not overfill the propane tank.
- Do not wear loose clothing while cooking at a barbecue.
- Be careful when using lighter fluid. Do not add fluid to an already lit fire because the flame can flashback up into the container and explode.
- Keep all matches and lighters away from children. Teach your children to report any loose matches or lighters to an adult immediately. Supervise children around outdoor grills.
- Dispose of hot coals properly - douse them with plenty of water, and stir them to ensure that the fire is out. Never place them in plastic, paper or wooden containers.
- Never grill/barbecue in enclosed areas - carbon monoxide could be produced.
- Make sure everyone knows to Stop, Drop and Roll in case a piece of clothing does catch fire. Call 911 or your local emergency number if a burn warrants serious medical attention.

### **Campfire Safety**

- Build campfires where they will not spread, away from dry grass and leaves.
- Keep campfires small, and don't let them get out of hand.
- Keep plenty of water and a shovel around to douse the fire when you're done. Stir it and douse it again with water.

### **Never leave campfires unattended!**

*Source: Burleigh County Emergency Management and Morton County Emergency Management*



## **ND Department of Emergency Services**

*Ensuring a safe and secure homeland for all North Dakotans*

**“When someone does something good, applaud! You will make two people happy.”**

*~Samuel Goldwyn*

## News Release

### **Ramsey and Towner County Social Services Combine to Form Lakes Social Service District**

After nearly 75 years of County Social Services in Ramsey and Towner County, agency names and the governance structure are changing. Effective July 1, 2008 the two Counties will now merge as a District with a combined governing board, with representatives appointed by the County Commission.

According to Edward Forde, District Social Service Director, "The changes are largely administrative and intended to streamline operations while continuing a shared service environment that has been place since 1995, when Towner County began contracting with Ramsey County for Social Services staff. County government will get a little smaller too with the reduction from two Boards to one. The new District Board members representing each County are still appointed by that County's Commissioners. The number of Board members will also be reduced with the change, dropping from the current ten members to six (three from each County) on the District Board. Forde, who has worked in the County Social Services for the past 37 years, reports "This action was modeled after the Dakota Central District which on January 1, 2007 combined the Social Service Boards of Mercer, McLean, Sheridan and Oliver. Small counties often struggle to maintain full service operations. The formation of districts offer the citizenry benefits by more efficient governance; the combined units are better able to maintain the existing array of services or even develop new service options. Only the name has changed. Service delivery sites will continue at the same locations they have been at historically in Cando and Devils Lake and will have the same address and phone numbers as in the past."

## Our name has changed!

Effective July 1, 2008 Ramsey and Towner County Social Services have merged and will be known as "**Lakes Social Service District**".

Our business address will be:

**Lakes Social Service District**

**524 4<sup>th</sup> Ave NE # 19**

**Devils Lake ND 58301-2400**

We will continue to serve Ramsey and Towner County clients at our previous **Devils Lake and Cando Service Delivery Sites and the phone numbers for these locations will remain the same.**

Devils Lake – (voice) 701-662-7050 (Fax) 701-662-7095 (toll free) 1-800-662-7088



Mark Your Calendars  
and  
Plan Now To Attend

## Elder Justice Conference

October 14 & 15, 2008  
7 Seas Motor Inn  
Mandan, ND



### Featuring Speakers:

Joanne Otto, MSW  
Former Executive Director  
National Association  
of Adult Protective Services Admin.

Lori Stiegel, JD  
American Bar Association

CEU's, LEC's and Post Certified

More information will be coming out soon.

“The Conference You’ve Been Waiting For”  
Northern Plains Conference on Aging and Disability

### MARK YOUR CALENDAR

“Life’s Your Legacy...Live It!”

September 23, 24, & 25, 2008

Ramada Plaza Suites – Fargo ND

[www.northernplainsconference.com](http://www.northernplainsconference.com)

The 2008 Northern Plains Conference on Aging and Disability promises to be a great conference. National, Regional, and local presenters will speak on many facets of aging and disability. Topics include:

**Sexuality in later life, Social Security, macular degeneration, Alzheimer’s and dementia, techniques for caregivers, reducing staff turnover, late life depression, legal and financial issues facing seniors, weather or not: being prepared for emergencies, as well as other topics.**

National speakers will speak on eldercare reform, loss, workplace conflict, and living life. In addition to the large booth fair, there will be an added research and poster showing this year. If you attended the conference in the past, you should be receiving a brochure in early August. Go to [www.northernplainsconference.com](http://www.northernplainsconference.com) for more information. If you have never attended the conference in the past, you can call 218-477-5862 or [contstdy@mnstate.edu](mailto:contstdy@mnstate.edu) and ask to be put on the mailing list.

This promises to be a great event and the number of CEUs available for a very reasonable registration fee makes it a great bargain. This year the early bird fee (before August 29) is \$85.00 for professionals. For retired persons age 60 and over and students with valid student ID, the fee is \$40.00 before August 29. See you there!

**Donna Olson**

Regional Aging Services Program Administrator  
Lake Region Human Service Center  
P. O. Box 650  
Devils Lake ND 58301

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## **Upcoming Events**

- 07-24-08      Senior Day at the North Dakota State Fair, Minot**
- 07-29-08 -    Regional Aging Services Program Administrator at Aging Services State Staff**  
**08-01-08      Meeting and Silver Haired Education Association, Bismarck**
- 08-06-08      Region III Council on Aging Meeting, Maddock Community Center**
- 08-14-08      23<sup>rd</sup> Annual Senior Sensation, Bismarck**
- 09-23-08,      Northern Plains Conference on Aging and Disability, Ramada Place Suites,**  
**09-24-08 &    Fargo**  
**09-25-08**
- 10-14-08 &    Elder Justice Conference, 7 Seas Motor Inn, Mandan**  
**10-15-08**